

**Amendments to the Claims:**

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. (currently amended) A cable guide for a control cable extending between an actuator and a suspension system having a crown connecting two parallel tubular bodies to a steerer tube, said cable guide comprising: a housing formed on an outer surface of the crown, the housing having a bore extending therethrough for receiving the control cable.

2. (currently amended) The cable guide of claim 1 wherein the suspension system further comprises a spool ~~for winding and unwinding the control cable~~ disposed on one end of the tubular bodies for winding and unwinding the control cable, the housing configured such that a portion of the control cable extending between the housing and the spool lies substantially in a plane of the spool.

3. (original) The cable guide of claim 2 wherein the control cable includes an inner wire encased in an outer casing, the housing having a radially extending flange for engaging the outer casing while permitting the inner wire to extend through the bore.

4. (currently amended) The cable guide of claim 1 wherein the housing and is ~~forged with the crown~~ are forged together.